

## Mental Wellness – At your Fingertips

Staying healthy and living a life of wellness involves more than just exercise and eating right. Your physical health and mental wellness depend on each other for optimal success. So for your best mental wellness results, join our health club for your mind - *myStrength*.

### Health club for your mind? Exactly!

Every day technology improves our lives, so take advantage of online tools and resources to focus on your mental health wellness. In fact, looking for health information is the 3rd most popular Internet activity, and 60 million+ U.S. adults search for mental health-related information annually.

### Managing Anxiety & Depression

One in four Americans will suffer with depression or anxiety sometime in their lifetime. So you are not alone. You may be experiencing a temporary speed bump, or your day-to-day life may be affected. *myStrength* is an excellent resource to help you cope with these illnesses – independently, or in tandem with the help of a licensed mental health professional.

### So how does it work?

As a FREE confidential EAP benefit, *myStrength* offers you help without leaving home. This customizable, personal mental wellness program proactively offers daily personal motivators as well as exercises to keep you on track between counseling visits.

- **Quick Wellness Assessment and Profile** – guides the selection of personalized resources and eLearning programs
- **Daily Personal and Relevant Resources** – each day you receive motivational tips, articles, resources, and activities based on your personal needs
- **Powerful eLearning Programs** – clinically-based step-by-step e-learning modules offer proven guidance for improving your mood [current modules include depression and anxiety; new modules launch later in 2013]
- **Practical Action Plans** – daily reminders of simple steps you can take to feel better
- **Interactive Tools** – help you track and work with what you’re learning and provide daily support
- **Simple Mood Tracker** – tracks your daily activities and how these affect your mood each week, which can reveal important trends to help you grow
- **Mobile App** – these features also are available at your fingertips on your smart phone or tablet

*Solutions for Work  
Solutions for Life*

If you need assistance with issues affecting you and your family, please call 1.800.272.3626  
[www.mhneteap.com](http://www.mhneteap.com)

Hearing-impaired callers with TTY equipment,  
please call our toll-free TTY number: 866.200.3269.

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## The Recipe Box

### Breakfast Cookies

#### Ingredients

- ¾ cup whole-wheat pastry flour
- ½ cup all-purpose flour
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- 2 tablespoons unsalted butter
- ¼ cup canola oil
- ¼ cup dark brown sugar
- 3 tablespoons granulated sugar
- 1 egg
- ¼ cup (1 small jar) strained carrot baby food
- 1 teaspoon vanilla extract
- ½ cup rolled oats
- ½ cup bran cereal flakes
- 1/3 cup raisins
- 1/3 cup chopped walnut pieces, lightly toasted in a dry skillet for 2 minutes until fragrant

#### Directions

Preheat oven to 350° F.  
Whisk together flours, baking soda, cinnamon, nutmeg, and salt in a medium-sized bowl.

Combine butter, oil, and sugars in the bowl and mix on high speed, scraping down sides if necessary, until sugars have dissolved and mixture is light in color - about 1 minute.

Add egg, carrot puree, and vanilla and beat an additional 30 seconds. Add flour mixture and beat an additional 30 seconds. Add oats, flakes, raisins, and walnuts and mix over low speed just until incorporated. Dough will be slightly sticky and less cohesive than traditional cookie dough. Line a large cookie sheet with parchment paper.

Using between 3 to 4 tablespoons of batter, form a ball and place on cookie sheet. Repeat with remaining batter, leaving about 3 inches between cookies. Wet hands and use palm of hand to flatten cookies until about 1/4-inch thick. Bake for 12 minutes, until cookies are fragrant but still soft. Let cookies cool slightly, then transfer to a wire rack to cool completely.

# easeline

Your Employee Assistance Program

[www.MHNETEAP.com](http://www.MHNETEAP.com)

## Preparing for the Trip of Your Life

**“Life is a great big canvas. Throw all the paint on it you can.” ~Danny Kaye**

**It** is the season for vacations and stay-cations, and generally just time to pack in the fun. With trips and activities on top of typical responsibilities, thank goodness there are ways to make sure you’re prepared to soak up the best this summer – and life – have to offer.

Whether going solo or with family or friends, life is better if you spend a little time planning ahead. Consider the following tips that can benefit your mind, body, and spirit, readying you for all the hills and valleys ahead:

**Breathe Deeply:** Your breath is a powerful tool. Deep, mindful breathing provides physical benefits such as the release of toxins and tension. It can also boost your mood and energy level. Altogether now: Inhale ... pause ... exhale ... repeat.

**Step it up:** Try to find a few of minutes each day to take five deep, slow breaths, allowing your mind to focus solely on your breathing. With each cycle, try to become more aware of the energy entering your body, and the stress departing. Ahhhh.

**Embrace the Process:** As you relive the memory of achieving a goal, what stands out more? The precise moment you checked the box of completion, or the effort and encouragement you experienced along the way? Each step in the process is one to savor, whether it takes you forward or back, it is one that will forever be a part of your path.

*“It is good to have an end to journey toward; but it is the journey that matters, in the end.” ~Ernest Hemingway*

**Be Thankful:** With a little intention, you can develop an attitude of gratitude and enjoy the advantages of this outlook. Some benefits of being thankful include more happiness, less stress, better sleep, and greater ability to bounce-back from the challenges in life. Gratefulness is linked to positive health outcomes as well – and that’s a good thing for the trip of your life.

**Ready to try it?** Before bed, spend a few minutes jotting down the things you’re thankful for. Any answer is a good one, so you can include the simple things like the warm weather, and then move on to more personal things like people or experiences.

**Seize the Day:** Have you been waiting for the right time to finally...(what’s your goal)? Well, perhaps the time is now. Take this opportunity to lay out your plan, identify the resources you will need, and set an estimated completion date. Deep breath and go!

*“Today is your day! Your mountain is waiting. So...get on your way.” ~Dr. Seuss*

**Keep Mentally Well Every Day:** What a great way to build your mental wellness on a daily basis. Just as your body needs a physical workout to stay healthy, so does your mind. And you can do this for FREE!

Join *myStrength* – our online health club for your mind. It’s EASY! Go to [www.mhneteap.com](http://www.mhneteap.com) and select the “Mental Wellness Program/*myStrength*” module. If you have any questions, call MHNet and our Call Center staff will be happy to assist you.





# Awareness Months

## July

- Fireworks Safety Month [through July 4]
- Hemochromatosis Awareness
- International Group B Strep Awareness
- Juvenile Arthritis Awareness
- UV Safety

## August

- Cataract Awareness
- Children's Eye Health and Safety
- National Immunization Awareness
- Psoriasis Awareness

## September

- America on the Move
- Childhood Cancer
- Craniofacial Acceptance
- Fruit and Veggies – More Matters
- Healthy Aging

- National Alcohol and Drug Addiction Recovery
- National Cholesterol Education
- National Infant Mortality Awareness
- National Pediculosis [Head Lice] Prevention

- Ovarian Cancer Awareness
- Prostate Cancer Awareness
- Reye's Syndrome Awareness
- Sports and Home Eye Safety
- Whole Grains

## Hydrate and Stay Safe

**Did** you know that your tissues and organs are mainly made up of water? The entire human body is anywhere from 55 to 78 percent water depending on body size. As a rule of thumb, roughly 2/3 of the human body consists of water.

With every cell in your body thirsty for water, you can see why it's so important to drink enough fluid. For example, your brain is about 90 percent water. If your brain is not well hydrated, it won't be able to perform well. You could even get a migraine or a headache.

### Dehydration

Without an appropriate amount of water, your body can begin to show some of these signs or symptoms that it is not hydrated enough:

- Fatigue
- Migraines and headaches
- Muscle cramps
- Kidney problems
- Irregular blood pressure
- Dry skin

This is why hydration is so important. Dehydration can be very dangerous and very harmful to your body. Often, by the time you start feeling the effects of dehydration, it is already too late. Your body starts to get thirsty long before you do. Stay well hydrated – drink at least eight 8-ounce glasses of water a day to avoid the effects of dehydration.

### 10 Health Benefits of Drinking Water

These might surprise you!

1. **Helps you lose weight** – flushes out by-products of fat breakdown, reduces hunger, is an effective appetite suppressant, and has zero calories.
2. **Helps relieve headaches and back aches** – although many reasons contribute to headaches, dehydration is the common one.
3. **Makes skin healthier, and look younger** – helps to replenish skin tissues, moisturize skin, and increase skin elasticity.
4. **Helps you think better, be more alert, and concentrate more** – remember, your brain is made up mainly of water.
5. **Regulates your body temperature** – you'll feel more energetic when doing exercises; water also helps to fuel your muscles.
6. **Helps with digestion and raises your metabolism.**
7. **Helps keep your joints and muscles lubricated** – you'll be less likely get cramps and sprains.
8. **Improves immune system** – helps fight against flu and other ailments (e.g., kidney stones and heart attack). Adding lemon helps with respiratory disease, intestinal problems, rheumatism, and arthritis, etc.
9. **Relieves fatigue** – the body uses water to help flush out toxins and waste products. For example, if your body lacks water, your heart works harder to pump out the oxygenated blood to all cells. This mean both you and your organs will be exhausted.
10. **Helps with mood** – your body feels good and so will you.

## Summer Fun within Your Budget

**S**ome times you just have to get away from work and the daily routine, and spend time with your family. It isn't where you go that is important, but rather simply that you're spending quality time together.

These suggestions can create memorable moments without breaking the bank.

- Camping is one of the least expensive ways to travel with your children. And, if near water, take your fishing pole.
- Prefer something indoors? Visit nearby aquariums, space centers, museums, planetariums, or observatories.
- Pick fruit or vegetables from a local farm. Check with local tourist or visitors' bureaus for what is in your area. You'll have fun and end up with produce to bring home.
- Check out underground caves and caverns.
- If you live in the city, take your family to the country to see live farm animals. Get a list of farms in the region you'd like to visit. Call the farms directly to find out if they accept paying guests; many do.
- Check out national and local parks, which often need volunteers to maintain, build, and clear trails. The whole family can have fun, get some exercise, and help save the environment.
- Like to snow ski? During the off-season, many ski areas offer young children free lift tickets and/or discounted lodging.
- Ranch vacations are very popular. They may be more expensive and require longer stays, but if your family wants to play cowboy, here's your chance.
- And don't forget about the many activities right in your neighborhood. Tour local historical sites.

- Look for places that offer special weekend family deals. Ask if the price includes a swimming pool, recreation room, and activities especially for children.

### Before you Hit the Road

- Build excitement for your trip by getting everyone involved in the planning and preparation.
- Discuss the spending budget in advance and encourage buying souvenirs that remind them of the trip.
- Pack a theme picnic that ties in with your destination.
- Leave early on Saturday morning and only pay for one night in a hotel, but still have a two-day vacation.
- Make sure the activity you choose will work for all your children. It's important to find something to keep both younger and older children interested.
- If your family is not having fun, plan to leave. Acknowledge your children's discomfort and don't prolong the agony. No matter how much you've spent, sometimes you have to cut your losses. Your children will thank you.

